

## **Waxa aad samaynayo hadii lagaa helo COVID-19**

Guriga isku soo xidh:

- Ha ka bixin guriga, marka aad daryeel caafimaad doonanayo moojee. Soo hadal marka hore kahor inta aanad booqan bixiyaha daryeelka caafimaad ama waaxda gurmadka degdeggaa ah.
- Inta badan dadka qaba xanuunka fudud waxa ay ku ladnaadaan gurigooda. Inkasta oo ayna jirin dawo u khaas ah COVID-19, nasasho badan qaado, waxa aad cabtaa cabitaan badan, waxa aad qaadataa dawooyinka xumada yareeya hadii loo baahdo.
- Ilaa inta ay macquul tahay, joog qol gaar ah oo gurigaaga ah oo waxa aad isticmaashaa suuli gaar ah. Waxa aad ugu yaraan u jirsataa lix fuudh dadka kale ee gurigaaga jooga mar kasta. Cidna hala wadaagin alaabta guriga.
- Qof kale ha kuu daryeelo xawayanka carbisan ee guriga kuu jooga. In kasta oo xayawaanka aan la sheegin inuu ku dhaco COVID-19, dadka qaba fayrusku waa inayna isasoo gaadhin xayawaanka ilaa inta macluumaad dheeraad ah laga ogaanayo. Hadii aad ka shaqaysyo xayawaankaaga carbisan, waa inaad maydhataa gacmahaaga kahor iyo kadib marka aad hawsha u dhamayso.
- Waxa aad ku xidhnaataa dadka kale - isticmaal teknooloojiyada si aad ula xidhiidho saaxiibada iyo qoyska.

Maydhida iyo nadaafada maalin kasta:

- Waxa aad nadiifisaa oo aad jeermiska ka dishaa qokaaga iyo suuligaaga gaarka ah. Dadka kale ha nadiifiyaan meelaha kale ee gurigaaga.
- Waxa aad u maydhaa si wanaagsan alaabta qoyska, sida agabka, marka aad isticmaasho kadib.
- Waxa aad badanaa ku maydhaa gacmahaaga saabuun iyo biyo ugu yaraan 20 ilbidhiqsi. Waxa aad isticmaashaa gacmo nadiifiyaha alkohoosha leh hadii aanad haysan saabuun iyo biyo.

Goorta ay tahay inaad dhakhso u doonato daryeelka caafimaadka:

Hadii neefsigu kugu adkaado, laabtu ku xanuunto, jaahwareergto, ama uu isbadalo midabka dabnahaaga, ciridkaaga, wajigaaga, indhahaaga, ama cidiyahaagu, waxa aad markaba doonataa daryeel caafimaad. Marka aad la hadasho bixiyahaaga daryeelka caafimaadka, waxa aad u sheegtaa bixiyahaaga ama 911, inaad qabto COVID-19 oo aad markaa guriga isku dhax xidhay.

Dadka adiga kuu soo dhawaaday marka aad qaadday caabuqa waa inay guriga isku soo dhax xidhaan -- xataa hadii ayna lahayn wax calaamado ah:

- Dadka kuusoo dhawaaday mudadan aad qabto caabuqa, taas oo markaa ka bilaabanta kahor laba maalmood marka calaamaduhu kugu bilaabmeen, ilaa inta aad ka bogsanayso, waa inayna guriga kasoo bixin. Waxa ay tixraaci karaan tilmaamaha "[Waxa la samaynayo hadii aad isasoo gaadhaan qof laga helay COVID-19](#)". Hadii aad isku dhawaataan dadka aad isku qoyska tiihiin looma baahan inay raacaan tilmaamaha (iyaga oo calaamado isku arka moojee).
- Isku dhawaanshuu waxa uu ka dhigan yahay lix fuudh qofka mudo dheer loo jirsado. U dhawaanshuu kama dhigna inaad u jirsato qofka lix fuudh inika oo guriga wada jooga mudo dheer, inaad is garab martaan, ama inaad wakhti yar qol iskugu timaadaan.

Tusaalayaasha Isku dhawaanshaha	Tusaalayaasha AAN ahayn Isku dhawaanshaha
Waxa aad wada deggan tiihiin isku guri	Waxa aad u tahay khasnaji tukaankooda
Waxa idinka dhaxeeya xidhiidh lamaane	Waxa aad tahay farmasi qofka siinaya dawooyin
Waxa aad wada raacdeen gaadhi isaga oo qofku caabuqa qabo	Waxa aad hor taagan tahay qofka kuyuuga tukaanka
Waxbaad wada cunteed qofka qaba caabuqa	Shaqaale aad wada shaqaysaan oo markaa mudo yar inta uu kulasoo istaagay su'aal ku waydiiyay

Waxaa amaan ah inaad joojiso isku xidhida guriga marka aad ladnaato. Taasi waa marka ay **dhamaan** sadexdan shay wada dhacaan:

1. Waxaa kasoo gudubtay sadex maalmood oo aanad isku arag xumad adiga oo aan markaa isticmaalin dawada xumada lagu yareeyo, iyo
2. Calaamadihii kale waad ka ladnaatay, iyo
3. Ugu yaraan todoba maalmood kasoo gudbay markii ay calaamaduhu kaa soo ifbaxeen.

## Farqiga u dhaxeeeya takoorka iyo meel ku xidhnaansho

	Inuu qofku naftiisa takooro	Inuu qofku meel isku soo xidho
Yaa loogu talo galay?	<p>Dadka qaba xanuunka COVID-19</p> <ul style="list-style-type: none"> <li>• Dadka qaba COVID-19 ee markaa aad xanuunkoodu gaadhsiiasnayn in isbitaal ay tagaan, ama</li> <li>• Dadka sugaya natijada shaybaadhkoodii</li> </ul>	<p>Dadka aan lahayn calaamado COVID19</p> <ul style="list-style-type: none"> <li>• Qofka u dhawaaday qof qaba COVID19</li> </ul>
Mudo intee le'eg?	<p>Ilaa inta aad ka ladnaanayso, taas oo dhacma markaa sadexduba dhacaan:</p> <ol style="list-style-type: none"> <li>1. Waxaa kasoo gudubtay sadex maalmood oo aanad isku arag xumad adiga oo aan markaa isticmaalin dawada xumada lagu yareeyo, iyo</li> <li>2. Calaamadihi kale waad ka ladnaatay, iyo</li> <li>3. Ugu yaraan todoba maalmood kasoo gudbay markii ay calaamaduhu kaa soo ifbaxeen.</li> </ol>	14 maalmood ayaa kasoo gudbay taariikhda aad qofka u dhawaatay. Maalinta aad qofka u dhawaataa waa Maalinta 0.
Maxay ka dhigan tahay?	Waxa aad joogtaa qol gaar ah gurigaaga, oo waxa aad isticmaashaa suuli gaar ah, waxa aad iska ilaalisaa inaad dadka kale isasoo gaadhaan.	Waxa aad joogtaa guriga 24/7, waxa aad la socotaa calaamadaha, oo waxa aad ka fogaataa dadka. Hadii ay macquul tahay, waxa aad isticmaashaa qol iyo suuli gaar ah. Hadii aad isku aragto calaamadaha, waa in dadka aad isasoo gaadheen ay sidoo kale meel isku soo xiraan.

 Wixii macluumaad dheeraad ah waxaa laga heli karaa websaytka: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

## What to do if you are diagnosed with COVID-19

### Isolate at home:

- Don't leave home, except to get medical care. Call ahead before visiting a health care provider or emergency department.
- Most people with mild illness can recover at home. While there is no specific treatment for COVID-19, you should get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.
- As much as possible, stay in a specific room in your home and use a separate bathroom. Stay at least six feet away from others in your home at all times. Don't share household items.
- Have someone else care for your pets. Although no animals have been reported to get sick with COVID-19, people with the virus should limit contact with animals until more information is known. If you do care for your pet, wash your hands before and after.
- Stay connected with others – use technology to communicate with friends and family.

### Daily cleaning and washing:

- Clean and disinfect surfaces in your separate room and bathroom. Have someone else clean the other areas of your home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

### When to get medical care immediately:

If you have difficulty breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 911 that you have COVID-19 and are isolating at home.

### People who have been in close contact with you while you were infectious should quarantine at home – even if they don't have symptoms:

- People that were in close contact with you during your infectious period, which starts two days before any symptoms began, and continues until you have recovered, should quarantine at home. They can refer to the "[What to do if you are a close contact of someone who is diagnosed with COVID-19](#)" guide. Close contacts of your close contacts do not need to follow the guidelines (unless they have symptoms).
- Close contact means being within six feet for a long time. Close contact does not mean being more than six feet away in the same indoor environment for a long period of time, walking by, or briefly being in the same room.

Examples of close contacts	Examples of NOT close contacts
People living in the same home	Cashier at the grocery store
Intimate partners	Pharmacists who gave you medication
People who rode in the same car while you were infectious	The person in front of you in line at the store
Friends who had dinner together while you were infectious	Coworker who briefly walked by to ask a question

**It's safe to stop home isolation when you've recovered. This is when all three things have happened:**

1. It's been three full days of no fever without the use of fever-reducing medication, and
2. Other symptoms have improved, and
3. At least seven days have passed since your symptoms first appeared.

#### Difference between isolation and quarantine

	Self-isolation	Self-quarantine
For whom?	People with symptoms of COVID-19 <ul style="list-style-type: none"> <li>• For people with COVID-19 who aren't sick enough to be hospitalized, or</li> <li>• For people who are waiting for test results</li> </ul>	People with no symptoms of COVID-19 <ul style="list-style-type: none"> <li>• Close contacts of people with COVID-19</li> </ul>
For how long?	Until recovery, which happens when all three have happened: <ol style="list-style-type: none"> <li>1. It's been three full days of no fever without the use of fever-reducing medication, and</li> <li>2. Other symptoms have improved, and</li> <li>3. At least seven days have passed since your symptoms first appeared.</li> </ol>	For 14 days since the date of possible exposure. The day of the exposure is Day 0.
What does it mean?	Staying in a separate room in the house, using a separate bathroom, avoiding contact with others.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.

More information is available on our website: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)